

Are you a caregiver for an ill or elderly person? Will you become a caregiver in the future?

If you answered yes to either of these questions, mark your calendar!

Sonnie Yudell from the **Utah Caregiver Support Program** is coming to talk about the issues facing current and future caregivers.

Date: **Wednesday, Dec. 4, 2002**

Time: **4:30 -5:30 p.m.**

Location: **Sprague Library, lower level
2131 South 1100 East**

What: **Caregiving: Who's Helping Who,
and Who's Helping You?**



Sponsor: THE BREAST CANCER TASK FORCE

Care for the elderly is an issue for all generations. Because family and friends continue to be the primary source of care for those who are ill, the rising and overwhelming burdens of care giving are important to address. Not only are people living longer, they are dying longer.

Support services for caregivers, including information, assistance, training, counseling, support, and respite services, are critical interventions and can greatly reduce the declining health, stress and burden that is realized by many caregivers. If you are a current or future caregiver, come learn how to minimize the burdens associated with care giving

OVERSHOTS